

## CONCUSSION RESOURCES

### TOPICS

1. Training
2. Signs & Symptoms
3. Baseline Assessment/Testing
4. Concussion Management Plan
5. Concussion information
6. Prevention

**AUDIENCE:** Coaches, Parents, Athletes, Educators, Health Care Providers, Clinicians

### 1. TRAINING

For: Coaches

National Alliance for Youth Sports - Free concussion training

<https://www.nays.org/resources/more/free-concussion-training/>

For: Educators

Concussion Awareness Training Tool (CATT)

<http://educators.cattonline.com/>

For: Healthcare Providers

Identifying and treating concussion in service members

[http://www.brainlinemilitary.org/concussion\\_course/introduction.php](http://www.brainlinemilitary.org/concussion_course/introduction.php)

For: Health Care Providers

Free online concussion training

<http://www.cdc.gov/headsup/providers/training/index.html>

For Clinicians

Free online continuing education

<http://www.cdc.gov/concussion/HeadsUp/clinicians/index.html>

### Webinars

For: Coaches, Educators, Parents

CDC Heads Up About Concussion,

[https://edc.adobeconnect.com/\\_a1002235226/p6oe0sbigg4/?launcher=false&fcsContent=true&pbMode=normal](https://edc.adobeconnect.com/_a1002235226/p6oe0sbigg4/?launcher=false&fcsContent=true&pbMode=normal)

For: Educators, Parents, Coaches

Concussion in Younger Children:

<http://bianj.org/concussion-younger-children/>

## 2. SIGNS AND SYMPTOMS

For Coaches and Parents

CDC (Centers for Disease Control) – how to respond to a concussion

[http://www.cdc.gov/headsup/basics/concussion\\_respondingto.html](http://www.cdc.gov/headsup/basics/concussion_respondingto.html)

For: Educators

CDC Concussion symptoms checklist

[https://www.cdc.gov/headsup/pdfs/schools/tbi\\_schools\\_checklist\\_508-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/tbi_schools_checklist_508-a.pdf)

For: Health Care Providers

Acute Concussion Evaluation (ACE)

<https://www.cdc.gov/headsup/pdfs/providers/ace-a.pdf>

**Apps** to download:

CoachSmart Vanderbilt

<https://news.vanderbilt.edu/tag/coachsmart-app/>

CDC Headsup app

<http://www.cdc.gov/headsup/resources/app.html>

## 3. BASELINE ASSESSMENT/TESTING

Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

<https://www.impacttest.com/>

Side-line concussion screening test

[King-Devick Test for Concussions](#)

## 4. CONCUSSION MANAGEMENT

For: Coaches, Athletes, Parents, Educators

Return to Learn/Return to Play Concussion Management Guidelines

[https://www.tn.gov/assets/entities/health/attachments/Returning\\_to\\_Learn\\_Guidelines.pdf](https://www.tn.gov/assets/entities/health/attachments/Returning_to_Learn_Guidelines.pdf)

For: Coaches, Athletes, Parents, Educators

School wide concussion management

<http://brain101.orcasinc.com/>

For: Coaches, Educators, Parents

The REAP (Reduce, Educate, Accommodate, Pace) Project

[http://www.brainline.org/downloads/PDFs/REAP\\_Final\\_Mar\\_2011.pdf](http://www.brainline.org/downloads/PDFs/REAP_Final_Mar_2011.pdf)

For: Coaches, Educators, Parents  
CBIRT (Center on Brain Injury Research and Training)  
[http://media.cbirt.org/uploads/files/create\\_a\\_concussion\\_management\\_plan.pdf](http://media.cbirt.org/uploads/files/create_a_concussion_management_plan.pdf)

For: Coaches, Educators, Parents  
CDC (Centers for Disease Control)  
[http://www.cdc.gov/headsup/basics/concussion\\_respondingto.html](http://www.cdc.gov/headsup/basics/concussion_respondingto.html)

For: Coaches, Educators, Parents  
CDC Heads Up to Schools  
<http://www.cdc.gov/headsup/schools/index.html>

For: Coaches, Educators, Parents  
Colorado Dept. of Education  
<http://cokidswithbraininjury.com/ckwbi/wp-content/uploads/2012/05/FINAL-Concussion-Guidelines5.7.12.pdf>

For: Coaches, Educators, Parents  
School wide concussion management plan  
<http://brain101.orcasinc.com/>

For: Coaches, Educators, Parents  
Nationwide Children's Hospital – Concussion Toolkit  
<http://www.nationwidechildrens.org/concussion-toolkit>

For: Coaches, Educators, Parents  
Assistance with developing a concussion plan: Project BRAIN  
<http://www.tndisability.org/brain>

For: Educators, Parents  
Return to Learn: Get schooled on concussions  
[www.getschooledonconcussions.com](http://www.getschooledonconcussions.com)

For: Health Care Providers  
Acute Concussion Evaluation (ACE) Care Plan  
[https://www.cdc.gov/headsup/pdfs/providers/ace\\_care\\_plan\\_school\\_version\\_a.pdf](https://www.cdc.gov/headsup/pdfs/providers/ace_care_plan_school_version_a.pdf)

For: Health Care Providers  
HEADS UP Return to Activities  
[https://www.cdc.gov/headsup/providers/return\\_to\\_activities.html](https://www.cdc.gov/headsup/providers/return_to_activities.html)

## **5. CONCUSSION INFORMATION**

For: Coaches, Athletes, Parents, Educators  
Return to Learn/Return to Play Concussion Management Guidelines  
[https://www.tn.gov/assets/entities/health/attachments/Returning\\_to\\_Learn\\_Guidelines.pdf](https://www.tn.gov/assets/entities/health/attachments/Returning_to_Learn_Guidelines.pdf)

For: Coaches, Parents, Athletes, Educators

[www.sportsconcussion.bianj.org/](http://www.sportsconcussion.bianj.org/)

For: Coaches, Educators

CDC: HEADS UP Resource Center

<https://www.cdc.gov/headsup/resources/index.html>

For: Coaches, Parents, Athletes, Clinicians

American Academy of Neurology sports concussion resources

<https://www.aan.com/concussion>

For: Coaches, Parents, Clinicians

National Athletic Trainers Association Concussion resources

<https://www.nata.org/practice-patient-care/health-issues/concussion>

For: Coaches, Parents, Athletes, Educators

Sports concussion institute

[www.concussiontreatment.com/](http://www.concussiontreatment.com/)

For: Coaches, Parents, Athletes

CBS 60 Minutes – Football and the Brain (transcript)

<http://www.cbsnews.com/news/football-and-the-brain-nfl-60-minutes/>

For: Educators

CDC Heads Up to Schools

<http://www.cdc.gov/headsup/schools/index.html>

For: Educators

CDC: HEADS UP to Schools - Classroom Tips for Teachers

[https://www.cdc.gov/headsup/pdfs/schools/tbi\\_classroom\\_tips\\_for\\_teachers-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/tbi_classroom_tips_for_teachers-a.pdf)

For: Educators, Parents

CDC: HEADS UP to Schools – Know Your Concussion ABC's

<https://www.cdc.gov/headsup/schools/index.html>

For: Parents

"Concussion and Traumatic Brain Injury: Information For Families" (video)

<http://tndisability.org/article/concussion-and-traumatic-brain-injury-information-families>

For: Parents, Athletes

Brain injury survivor stories and videos

<http://www.cdc.gov/headsup/resources/stories.html>

For: Parents

Resources for parents

<http://sportsconcussion.bianj.org/resources-for-parents/>

For: Parent, Coach, Health care provider  
CDC concussion information

<http://www.cdc.gov/headsup/index.html>

For: Parents

What you need to know about concussion

[http://www.brainline.org/landing\\_pages/categories/concussion.html](http://www.brainline.org/landing_pages/categories/concussion.html)

For: Parents, Clinicians

Leaving the hospital with a child with a brain injury

<http://www.tndisability.org/article/concussion-and-traumatic-brain-injury-information-families>

For: Materials in Spanish

CDC site in Spanish

<http://www.cdc.gov/spanish/>

Heads Up flyers

<http://www.cdc.gov/headsup/youthsports/index-esp.html>

Brainline: Resources in Spanish

[http://www.brainline.org/landing\\_pages/spanish.php](http://www.brainline.org/landing_pages/spanish.php)

CDC: Heads Up to Youth Sports

Atención: Conmoción Cerebral en el Deporte Juvenil

<https://www.cdc.gov/headsup/youthsports/index-esp.html>

## **6. PREVENTION**

For: Coaches, Parents

CDC Brain injury safety tips and prevention

[http://www.cdc.gov/headsup/basics/concussion\\_prevention.html](http://www.cdc.gov/headsup/basics/concussion_prevention.html)

For: Coaches

Prevention suggestions

<http://sportsconcussion.bianj.org/concussion-prevention/>